

Pets and Strollers

- Pets are not allowed on trails; pets are permitted along roadways and parking lots. Pets must be kept on leashes no longer than six feet.
- In this area, strollers are permitted only on the Alluvial Fan Trail and Beaver Boardwalk.

High Country Survival

- High elevations can cause altitude sickness and may aggravate existing medical conditions; use caution.
- Take sufficient time to acclimatize to the park's high altitude before doing strenuous hikes. Rest, drink lots of fluids (avoiding alcohol and caffeine), and start with short hikes.
- Stay together as a hiking party. Don't separate; keep children with the family or group.
- Stay on the trail. Shortcutting causes erosion.
- Wear sturdy foot gear. A hike in this environment requires good ankle support and a treaded sole.
- Pack extra water and snacks. Traveling in high elevations requires lots of water. Don't drink from streams or lakes without treating the water!
- Always take a rain parka; thunderstorms come up quickly.
- In the event of a lightning storm, get below treeline quickly.
- Weather conditions in Rocky Mountain National Park can change quickly. The wilderness, though beautiful, can be harsh. Expect snow, gusty winds and cold temperatures at any time.
- Do not rely on cell phones in Rocky Mountain National Park. Many locations in this rugged park have no service.

What is That Scar on the Hillside?

On a sunny morning, July 15, 1982, a 95-foot long section of the Lawn Lake Dam, built in 1903, failed. Approximately 220 million gallons of water surged down the Roaring River, forming a wall of water up to 30 feet high. Debris, trees, sand, and boulders quarried from the riverbed settled when it reached the valley floor, forming an alluvial fan (debris moved by water). Today you can see nature at work repairing the disturbed area.

Beware of Falling Trees

Falling trees are an ever-present hazard. When traveling or camping in the forest, trees can fall without warning. Be particularly watchful when it's windy, or following a snowstorm when branches are heavy with snow. Avoid parking or camping in areas where trees could fall.

Park Information 970-586-1206 or online at www.nps.gov/romo

Trail Ridge Road Status and Bear Lake Road Reconstruction 970-586-1222 (recorded & updated messages)

Emergencies 911



Alpine lakes, roaring rivers and montane forests are only a few of the sights to see while hiking in the Fall River area. Whether you want an easy day hike or a rigorous overnight backpacking trip, these trails are ideal for escaping the crowds.

Be Safety Smart: Use Good Judgment, Be Prepared and Be Aware

Bighorn Sheep and Elk are Frequently Seen in This Area

Horseshoe Park including the Sheep Lakes area can have abundant wildlife. When viewing any wildlife, please:

- Obey wildlife closure areas and “no stopping” traffic zones.
- Use parking areas along the road. If not available, pull your vehicle completely off the road and don't park on vegetation.
- Approaching animals may cause them stress, leading to disease or illness. If you cause an animal to move or change its behavior you are too close.
- Wildlife can be unpredictable. For your safety and theirs, enjoy and photograph wildlife from a distance.
- Never feed wildlife, including birds and chipmunks.

Essentials to Wear and Carry	<ul style="list-style-type: none">• Lots of water• High-energy food• Rain gear• Hat, sunglasses and sunscreen• Sturdy footwear• First aid kit	<ul style="list-style-type: none">• Topographic map and compass/GPS• Flashlight or headlamp• Waterproof matches• Pocket knife• Whistle• Common sense!
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Fall River Area

